

# BUQI newsletter

September 2006



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### Help us distribute!

Do you know where you can distribute some of our paper publicity folders? And you do not attend lessons where you can take some with you? Let us know, we will send them to you. Our e-mail address is **info@buqi.net**.

## Editorial

The summer courses are over and we are about to enter a new year of courses. And a special year it will be, because in the summer of 2007 Dr. Shen Hongxun is going into a long-announced and well-deserved retirement. This important stage in the history of Buqi Institute and Shen Hongxun College will be marked by a unique event: the Taiji Congress. Dr. Shen's last public course will be a huge event where students from all over the world can meet. We invite you wholeheartedly to join it.

Of course, before the end of the year there will be other lessons to follow and more knowledge to learn. You can read all about it in this newsletter.

We hope to see you soon.  
The Buqi team



## Sound Daoyin

With Dr. Shen Hongxun

**9-11 February 2007**  
Bristol, UK

**Information**  
+44 (0)208 771 1318  
buqibristol@buqi.net



Also on 16-18 Feb in Antwerp (B), and on 4-6 May in Den Bosch (NL)

## International courses

with Dr. Shen Hongxun

### Taiji37

**31 March - 4 April**, Gent (Belgium)  
(Also from 7-11 April in Shropshire, UK)

### Wuxi Meditation

**14--18 April**, Lille (France)

### Taiji forces

**25-27 May**, Nijmegen (The Netherland)

Details to follow later

Check [www.buqi.net](http://www.buqi.net)

# Taiji Congress

25 - 29 July 2007  
Gent - Belgium

## A unique event

You have probably seen the publicity - or heard about it: "Dr. Shen Hongxun invites you to join his last public lesson." What does this mean? And what kind of lesson will this be?

We are currently already working hard to prepare the Taiji Congress, Dr. Shen's last public lesson. It is going to be a unique event in many ways.

First of all, it is going to be big. We aim for six hundred participants from various countries. All these people need to sleep somewhere. And all these people need lunch. And transport. And space to exercise. You will understand, this takes a lot of preparation.

Second, it is going to be diverse. There will be courses in all the systems that Dr. Shen teaches. Probably in different halls at the same time, so you can choose what you like to follow. Moreover, there will be three special evening programs. The first will be a cultural evening, where students can demonstrate their performance skills in music, dance, singing or other. On the second evening students can demonstrate their Taiji- or Martial abilities. Possibly there will be a push hands competition as well. The third evening will be a classic dinner and dancing party night. But much more crowded!

## Great information transmission

Third, and most important, Dr. Shen wishes to use his last public lesson to perform strong information transmission for us all. Most of us have experienced how Dr. Shen uses information transmission during courses to help us open our central channels and make contact with cosmic information (also read the article on page 3). This course will be no exception. Only in the sense that Dr. Shen has announced that during this course, the information transmission will be particularly strong.

## We need your help!

During the Taiji congress we wish to install a photo exhibition about 19 years of Dr. Shen teaching. If you possess interesting photo's from this period we would very much like to receive them. Send good quality scans and digital images to [info@buqi.net](mailto:info@buqi.net) or send hardcopies to the address in the credits on page 4. Mark hardcopies with your address for return sending.

We wish to colour the exhibition with anecdotes of students. Please dig into your memory and write us about the most special shocking, strange or hilarious experience that you have had in relation to Dr. Shen's courses.



## BUQI courses in the UK

### Buqi daoyin

Four weekends in **Bristol** with Master Shen Jin

Subject	Date
Dragon Daoyin	18-19 Nov 2006
<b>Sound Daoyin*</b>	<b>9-11 Feb 2007</b>
Animal Daoyin	24-25 March 2007
Lying Down Daoyin	5-6 May 2007

\* with Dr. Shen Hongxun. See also page 1

### Buqi clinic in Bristol

21-27 October 2006

#### Information

+44 (0)208 771 1318 - [buqibristol@buqi.net](mailto:buqibristol@buqi.net)

### Buqi treatment techniques

Four weekends in **Brighton** with Dr. Shen Hongxun

Subject	Date
Headache	25-26 Nov 2006
Respiratory system	3-4 Feb 2007
Hypertension	28-29 April 07
Hemiplegia	16-17 June 07

### Buqi clinic in Brighton

25-31 August 2007

#### Information

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# What is heaven force?

A question to Dr. Shen.

Recently a student from Norway asked me by e-mail: "What is heaven force?". I think this is a valid question. Since heaven force is one of the three important forces we work with in our exercise systems, I hereby would like to share with you the answer I sent him.

Please note as well that if you have an important question you would like to ask me, you can always send me an e-mail through [info@buqi.net](mailto:info@buqi.net). Do not be upset though if it takes me a while to answer. Since I travel a lot I do not always have time to answer questions immediately.

Dr. Shen Hongxun, August 2006

## Heaven Force

(Edited by Maarten Keijzers)

I believe that there are different heavenly or cosmic realms, or layers, in which there are different forces being generated by different groups and constellations of stars and heavenly bodies. We can also find this view in different religious philosophies, for example Judaism speaks about seven levels of heavens, in different buddhist traditions we can read about nine or twelve different realms. Each realm contains different information and forces. If a human can raise his/her consciousness to access one or more of the different levels, they can then receive the different types of information prevalent at the accessed level. Through exercises to clear and open our central channel it is possible to raise our own level of perception and consciousness to reach the higher levels and thus to be open to cosmic information.

## Information transmission

During last Buqi diagnosis course students have worked with this principle. They did exercises to clear the mind and to open the central channel in order to reach information from outside the body, in this case about the patient. An open central channel enables the energy to reach further away information (a higher antenna), so a person can access more information. During a course like this, I also use information

transmission to open the students central channel. This information transmission is a spiritual function itself. I use my force to help students to open and to reach higher. This technique is sometimes referred to as 'mind stamp'.

## Trinity of forces

Throughout the ages the understanding of the meaning of heavenly force has changed. In ancient times for example the Chinese peoples believed that the air/oxygen was heavenly force. Partially this is true of course and oxygen is vital for the human body. Later, the concept of the trinity of the three levels of heaven (cosmos), human (body) and earth was formed. I also do not reject the idea of the presence of spirit forces, they may also be part of what we call heaven force.

What is important is that we are aware of the fact that one force cannot exist without the others, that is, we need to be able to combine the three forces: Cosmic force, our own physical human force and Earth force. Earth force in fact is the most important - without being well connected to the Earth, it is impossible to fully develop and apply any other type of force. Earth force is literally supporting us, holding us up and sustaining us.



Information girl

When contacted during a Buqi treatment session, she can help to diagnose a patient

## Professional Taiji

Lessons in Nijmegen (The Netherlands)

### Sword Exercises

With Shen ZhengYu

Subject	Date
Sword 1	27-28 Jan 2007
Sword 2	10-11 Feb 2007
Sword 3	10-11 March 2007
Sword 4	07-08 April 2007

### Information

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[www.taiji37.com](http://www.taiji37.com)  
Soon also in English!

### TuiShou (Push Hands)

With Shen ZhengYu

Five weekends in Nijmegen

First weekend:  
19-20 May 2007

# Qi Acupuncture

Put the qi in your needle

Dr. Shen Hongxun will give a series of three three-day seminars on Qi Acupuncture in the south of France. These courses are open to all practicing acupuncturists and those studying acupuncture.

During the three parts of this training Dr Shen Hongxun teaches fast and effective exercises and methods to:

1. 'awaken' your Dantian,
2. develop and employ Dantian force
3. use this energy in order to enhance your needling technique and to create movement and extraction of Binqi/Xieqi from patients' meridians and organs.

The first seminar will be held from 9-11 March 2007 in Valence (South of France).

## Qi Acupuncture

The most important aspect of the work of an acupuncturist is to control and to guide the internal movement and change of Binqi or Xieqi (pathogenic factors) in the patient. This internal movement is usually perceived by the patient as 'qi-sensation'. There are many different qi-sensations, each one being triggered by a particular treatment technique chosen to treat a certain condition.

Qi-sensation induced by needling is a sign of movement of Binqi as it is being expelled from the patient's body. It also indicates a change of quality of the Binqi. In other words, the result of the acupuncture session is directly linked to the internal movement which gives rise to the qi-sensation. Undoubtedly most acupuncturists are able to provoke a qi-sensation within their patient. The crucial point however is the ability to control and guide the qi flow.

In ancient times the forefathers of what is known today as acupuncture, used their own internal energy force (Dantian force) to change, move and expel Binqi. They did so by transmitting their energy force through the needle directly to the problem area in the patient's body. If an acupuncturist is able to tap into his own energy system and to precisely apply his energy force during treatment, the art of acupuncture becomes a much more powerful treatment method.

## Course program

Seminar 1:  
Methods and practice to develop your own energy force (Dantian force)  
**9-11 March 2007, Valence (South of France)**

Seminar 2:  
Needling with energy force and transmitting energy force via the needle to patient's body  
**Date to be confirmed, Valence (South of France)**

Seminar 3:  
Different needling techniques to induce different kinds of internal movement and qi-sensation for the treatment of a variety of conditions.  
**Date to be confirmed, Valence (South of France)**

## Information

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## 12 Daoyin of the E-Mei Mountain

The best traditional Qigong system

Eight weekends in London with master Shen Jin

Lesson	Date
Weekend 5	23-24 Sept 06
Weekend 6	2-3 Dec 06
Weekend 7	3-4 March 07
Weekend 8	2-3 June 07

### Information

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## Credits

The Buqi newsletter is a publication of Shen Hongxun College UK, Buqi Institute International, Buqi Institute Belgium and Buqi France.

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